

6. Location
7. Capital
8. Component
9. Leadership
10. The House & outside etc. opened.
11. Summer & winter etc. playground
- 12.

### Factors in Program Planning

1. Ability to do different types of work
2. Activities under individual leadership
3. To adjusting activities to individual <sup>groups</sup>
4. To plan around themes
5. Group activities
6. Special Programs

### Preparation for Program:-

1. Ability
2. Act. for boys & girls
3. Leader in each class
4. Altering of themes & group activities
5. Team & individual
6. Special Activities for 2 times a week
7. Certain groups
8. Arrange "Group" projects can be completed large material activities all group
9. Plan special projects for every week <sup>or month</sup>
10. To plan with 2 groups
11. Include all which would be given to the group
12. To plan large group

- 11 Playgroup leader some freedom of choice in program
- 12 Program progressive leading to closure
- 13 Activities that involve large groups
- 14 Children some opportunity for suggestions.
- 15 Program out of routine but not too divergent
- 16 Balance between special events & regular act.
- 17 Avoid kidding or forcing kids to play.
- 18 Emphasize opportunities for all to participate with third.
- 19 Co-operation with other playground workers in planning group
- 20 Social skills training and suggestions of program
- 21 Young group on to second act.
- 22 <sup>1st</sup> ~~2nd~~ <sup>3rd</sup> ~~4th~~ <sup>5th</sup> ~~6th~~ <sup>7th</sup> ~~8th~~ <sup>9th</sup> ~~10th~~ <sup>11th</sup> ~~12th~~ <sup>13th</sup> ~~14th~~ <sup>15th</sup> ~~16th~~ <sup>17th</sup> ~~18th~~ <sup>19th</sup> ~~20th~~ <sup>21st</sup> ~~22nd~~ <sup>23rd</sup> ~~24th~~ <sup>25th</sup> ~~26th~~ <sup>27th</sup> ~~28th~~ <sup>29th</sup> ~~30th~~ <sup>31st</sup> ~~32nd~~ <sup>33rd</sup> ~~34th~~ <sup>35th</sup> ~~36th~~ <sup>37th</sup> ~~38th~~ <sup>39th</sup> ~~40th~~ <sup>41st</sup> ~~42nd~~ <sup>43rd</sup> ~~44th~~ <sup>45th</sup> ~~46th~~ <sup>47th</sup> ~~48th~~ <sup>49th</sup> ~~50th~~ <sup>51st</sup> ~~52nd~~ <sup>53rd</sup> ~~54th~~ <sup>55th</sup> ~~56th~~ <sup>57th</sup> ~~58th~~ <sup>59th</sup> ~~60th~~ <sup>61st</sup> ~~62nd~~ <sup>63rd</sup> ~~64th~~ <sup>65th</sup> ~~66th~~ <sup>67th</sup> ~~68th~~ <sup>69th</sup> ~~70th~~ <sup>71st</sup> ~~72nd~~ <sup>73rd</sup> ~~74th~~ <sup>75th</sup> ~~76th~~ <sup>77th</sup> ~~78th~~ <sup>79th</sup> ~~80th~~ <sup>81st</sup> ~~82nd~~ <sup>83rd</sup> ~~84th~~ <sup>85th</sup> ~~86th~~ <sup>87th</sup> ~~88th~~ <sup>89th</sup> ~~90th~~ <sup>91st</sup> ~~92nd~~ <sup>93rd</sup> ~~94th~~ <sup>95th</sup> ~~96th~~ <sup>97th</sup> ~~98th~~ <sup>99th</sup> ~~100th~~
- 23 <sup>1st</sup> ~~2nd~~ <sup>3rd</sup> ~~4th~~ <sup>5th</sup> ~~6th~~ <sup>7th</sup> ~~8th~~ <sup>9th</sup> ~~10th~~ <sup>11th</sup> ~~12th~~ <sup>13th</sup> ~~14th~~ <sup>15th</sup> ~~16th~~ <sup>17th</sup> ~~18th~~ <sup>19th</sup> ~~20th~~ <sup>21st</sup> ~~22nd~~ <sup>23rd</sup> ~~24th~~ <sup>25th</sup> ~~26th~~ <sup>27th</sup> ~~28th~~ <sup>29th</sup> ~~30th~~ <sup>31st</sup> ~~32nd~~ <sup>33rd</sup> ~~34th~~ <sup>35th</sup> ~~36th~~ <sup>37th</sup> ~~38th~~ <sup>39th</sup> ~~40th~~ <sup>41st</sup> ~~42nd~~ <sup>43rd</sup> ~~44th~~ <sup>45th</sup> ~~46th~~ <sup>47th</sup> ~~48th~~ <sup>49th</sup> ~~50th~~ <sup>51st</sup> ~~52nd~~ <sup>53rd</sup> ~~54th~~ <sup>55th</sup> ~~56th~~ <sup>57th</sup> ~~58th~~ <sup>59th</sup> ~~60th~~ <sup>61st</sup> ~~62nd~~ <sup>63rd</sup> ~~64th~~ <sup>65th</sup> ~~66th~~ <sup>67th</sup> ~~68th~~ <sup>69th</sup> ~~70th~~ <sup>71st</sup> ~~72nd~~ <sup>73rd</sup> ~~74th~~ <sup>75th</sup> ~~76th~~ <sup>77th</sup> ~~78th~~ <sup>79th</sup> ~~80th~~ <sup>81st</sup> ~~82nd~~ <sup>83rd</sup> ~~84th~~ <sup>85th</sup> ~~86th~~ <sup>87th</sup> ~~88th~~ <sup>89th</sup> ~~90th~~ <sup>91st</sup> ~~92nd~~ <sup>93rd</sup> ~~94th~~ <sup>95th</sup> ~~96th~~ <sup>97th</sup> ~~98th~~ <sup>99th</sup> ~~100th~~

### Equipment & Supplies

1. Drinking containers
2. Washable paint
3. Well-drawn 50 ft. line
4. Surface (P. H. Mac Adam, 1st day, 1st day, 1st day)
5. Grass
6. Turf

Young Children: Small area with circles, circles, squares, triangles, etc.

Older Children: Tennis courts, Baseball diamonds, etc.



1. Administrative  
 2. Medical  
 3. Food  
 4. Supplies  
 5. Transportation  
 6. Security  
 7. Sanitation  
 8. Recreation  
 9. Education  
 10. Health  
 11. Religion  
 12. Other

Fighting:

Equipment: small tools, boys & girls.

Criteria for selecting opponent

1. Ageful to large room
2. Lasting opponent (Safety sitting extremely low)
3. Expense of the opponent (Safety sitting extremely low)
4. If none available
5. Good case
6. Supervision

Administrative

1. Equipment - repair on all apparatus

2. Inspection of equipment regularly

3. Supplies for soft & hard

4. Food (Did Back)

5. Insurance of boys & dogs

6. Travel facilities

7. Facilities for outdoor rest

8. First Aid facilities (Health habits)

9. Supplies for in marked

10. Location of water

11. Checking out supplies (Recreation & more etc)

12. Check in supplies

13. Food (unless boys live in)

14. Supplies (Benton)

15. Food (if not)

16. Supplies for (Benton & more etc)

17. Recreation & Reports

18. Financial (Expense & more etc)

19. Supplies (if not)

20. Supplies (if not)

312 Volunteers  
 (Name & address of volunteer)  
 (Date of arrival)  
 (Date of departure)  
 (Signature of supervisor)  
 (Signature of volunteer)

### Weekly Report.

1. Attendance - morn., aft., even.
2. Weather.
3. Participation in various types of act.
4. Spectators.
5. Hist of Act. during week.
6. Name of leaders conducting each Act.
7. " " volunteers. Home address.
8. Accidents. Type if serious.
9. Property damage.
10. Visits to other P.Y.
11. Inspection of app. & equip.
12. Special events during wk & next wk.
13. Inter-play ground Act.
14. Hist of supplies needed.
15. " " repairs " "
16. " " special services req'd.
17. No. of boys - girls req'd for wk.

### General Procedure:-

1. Prepare grounds. Equip. put out, counts assigned.
2. Middle morn. for strenuous act.
3. Special ev. in aft. (middle)
4. Quiet act. after lunch.
5. Early aft. - team act. not too strenuous.
6. Later aft. - meetings with Tr. leaders. clubs. Leagues for young employed people.
7. Ev. - open for adults.

Play ground - Men & Woman. morn. aft. ev.  
9.30 - 10.

Children under 8.                      8 - 11                      11 - 16

Getting out equip.  
Inspecting appant.  
marking counts.



Posting announcements.

Distributing games supplies.

10.00 - 10.45

Group & singing games - Low organized games - Informal time & place

10.45 - 11.00

Free Play. Attendance taken. Clean up.

11.00 - 11.30.

Sand-box play. - Handcraft. - Handcraft.

Small app.

Nature art.

Quiet games.

11.30 - 12.00.

Story-telling

Sand-box.

## Folk Dancing in City Recreation

"Health and Physical Education"

- Lois Creighton -

In the early days of playgrounds when cities were trying to build up recreation programs, to meet the needs of communities of underprivileged people, folk dances were one of the chief forms of entertainment for both young and old during the evening hours. In the beginning public recreation was started for general welfare purposes, to provide amusement, entertainment, fresh air and exercise, <sup>under the right conditions</sup> for those who did not have it.

Folk dancing was participated in as part of the social life of the community. It began in the large cities where there were groups of various nationalities who had migrated to this country. In this way they were able to express their emotions and keep up with the customs of the old countries. These dances became the vogue and were taught to children and young people who attended the playground.

Washington was more or less a pioneer in the playground movement and folk dancing has had a lasting place in its leisure-time program being taught all over the city as a daily activity.

The various dances have played a large part in festivals and pageants in all neighbourhoods, and in city-wide affairs, for they are colourful, lively in spirit, bring forth gay costumes and can be adapted to many occasions.



Thousands of girls and young women have participated in folk dancing at playgrounds and recreation centres. The values have been immense to them, both from a physical and social standpoint. They have developed poise and grace, acquired rhythm and have improved their personalities.

The young people in Washington have come together in folk dance festivals in each section of the city, which have included folk music and songs besides the dancing. Groups have been selected from these festivals by the Recreation Department to perform in the National Folk Festival which takes place each year in Washington. Various nationalities are included such as; English, Irish, Danish, Dutch, Spanish, Mexican, etc. The music accompanying the dances always fits the form of the dance.

Folk dancing is decidedly adapted to both indoors and outdoors and large numbers can be taken care of at one time with little space being required. It should by all means be included in planning physical and social activities for both children and adults in the recreation program of to-day.

Health and Physical Education.  
January 1941.

*Track and Field.*  
1940 - 41.



## Track & Field.

### Relays:

Runner should lean forward, muscles loose, knees bent, feet not far off ground.

### Sprints:

(1) European - Jogging - Run on toes, weight of body forward, chest high. Head should be erect but not back. ~~too far~~. Runner should watch his own course. Arms are in half-bent position and swing back and forth across body. Shoulders relaxed but they do not swing.

(2) American - Piston - Position of body same as (1). Arms in half-bent position swinging directly forward & backward as possible. Elbows are lifted high but hands should not come back farther than the waist.

### Kind of Relay:

(1) Pursuit - Usually four runners. First runner carries baton, <sup>parallel to ground</sup> in left hand. 2<sup>nd</sup> runner stands in crouching position with right hand behind back on hip to receive baton.

## Training

1. Objective of training is to produce a state of (A) Bodily strength (B) Reserve force in which every organ is healthy and subject to the control and direction of the mind.
2. Short windedness or long windedness are visible indications of the amount of one's reserve force.
3. In speed events women become breathless more rapidly than men, oxygen carrying capacity less - long distance running - therefore is not advocated for women because of the great reserve force necessary.
4. Intelligent control of your own personal training is an indication of your ability to control others.